

**SAINT CLOUD VA SUMMER GAMES
REGISTRATION FORM**

(Please Print)

Today's date:					
VETERANS INFORMATION					
Veterans' last name:		First:	Middle		
Do you use an assisted device?	If yes: What is it?		Birth date:	Age:	Sex:
<input type="checkbox"/> Yes <input type="checkbox"/> No	_____		/ /		<input type="checkbox"/> M <input type="checkbox"/> F
Street address:		Last 4 of your Social Security #:		Home phone #:	
				()	
P.O. box:		City:	State:	ZIP Code:	
I understand that lunch is not provided on the day of the event <input type="checkbox"/> Yes		Do you receive care from the St. Cloud VA? Yes/No If you answered no, what VA do you currently receive care at?		I understand that Registration will be limited to a specific number of participants. <input type="checkbox"/> Yes	
Event you are registering to participate in: (Each Veteran may only choose one event to participate it)					
<input type="checkbox"/> Badminton <input type="checkbox"/> Weightlifting <input type="checkbox"/> Horseshoes <input type="checkbox"/> Billiards/Pool <input type="checkbox"/> 1 Mile Race					
REMINDER: Registration is limited to a specific number of participants.					
What division of your event will you be participating in (Circle One) Wheelchair or Ambulatory?					

IN CASE OF EMERGENCY				
Name of emergency contact:		Relationship:	Home phone no.: ()	Work phone no.: ()
I understand that I am willingly participating in this event at my own risk.				
_____ <i>Veteran's signature</i>			_____ <i>Date</i>	

**Turn application in to Leah Egan
Fitness Clinic Building 48 Room 16
-OR-**

**Mail: Attention Leah Egan, CTRS
STCVAHCS**

**4801 Veterans Drive
Saint Cloud MN 56303**

ANY QUESTIONS CALL 320-252-1670 x6180

**Registration due no later than
Wednesday, July 22nd.**

SCHEDULE OF EVENTS

8:00am-9:00am-

REGISTRATION/PICK UP BIB NUMBERS

9:00-9:30AM-

INTRODUCTIONS
NATIONAL ANTHEM
ANNOUNCEMENT OF EVENTS

9:30-12:00pm

EVENT COMPETITIONS:

- HORSESHOES (BLDG 92)
- WEIGHT LIFTING
- BADMINTON (BLDG 92)
- 1 MILE RUN (VA WALKING PATH)
- BILLIARDS (BLDG 96)

12:00pm-1:00pm-

LUNCH ON YOUR OWN

1:00pm-3:00pm

FINAL COMPETITIONS

2:30-3:30PM-

AWARDS CEREMONY, GIVING THANKS,
CLOSING MUSIC AND PRAYER

DESCRIPTION OF EVENTS

Registration for every event will be limited to a specific number of participants.

Billiards

We will follow the World Pool-Billiard association rules according.

http://www.wpa-pool.com/web/the_regulations

1 mile Walk/Run

There will be a mile course around the new walking path that the Veteran will walk/run the course for time.

Badminton

Each match will consist of 1 game played against the opponent, winner moves on to the next round.

Competition will be single elimination, so once you lose a match, you are out of the competition.

There will be a singles ambulatory and a singles non-ambulatory division. There will be no separation of gender.

Scoring System

All games will be played to 21 points or 15 minutes in length, whichever comes first.

Every time there is a serve, there is a point scored.

The side winning a rally adds a point to its score.

At 20 all, the side which gains a 2 point lead first, wins the game.

At 29 all, the side scoring the 30th point, wins that game.

Singles and Serving

At the beginning of the game (0-0) and when the server's score is even, the server serves from the right service court. When the server's score is odd, the server serves from the left service court.

If the server wins a rally, the server scores a point and then serves again from the alternate service court.

If the receiver wins a rally, the receiver scores a point and becomes the new server.

They serve from the appropriate service court – left if their score is odd, and right if it is even.

Weight lifting

Competitors will be bench pressing a barbell with weight plates on each side. All Men will bench press 150 pounds and all Women will bench press 75 pounds. Spotter will count reps Scoring will take place by the spotter counting how many repetitions the competitor gets with that weight. The bar has to come down to within an inch of their chest on each repetition and then fully extended up, elbows locked, on the press. Adapted assisted devices are allowed and all modifications should be brought to the judges attention beforehand.

Horse Shoes

A coin is tossed to decide who starts and thereafter the player to pitch first alternates with the end. The first player throws both horseshoes at the opposite stake one after the other. The second player then does the same thing. The score for the end is then calculated and the players play the next end by reversing direction and throwing at the other stake.

Any horseshoe that is leaning against the stake is called a "leaner" will gain two points. Any horseshoe that completely surrounds the stake is called a "ringer" and scores three points unless cancelled out by an opponent's ringer. If there is some doubt as to whether or not a horseshoe qualifies as a ringer, a straight edge should be placed against the open end of the horseshoe. If straight edge doesn't touch the stake, a ringer is scored. For such a simple game the scoring can seem complicated because of the way that ringers are cancelled out. To simplify this, the various options are listed below:

1. If no ringers are thrown, the nearest horseshoe to the stake counts one point.
2. If both players throw a single ringer each, the ringers are cancelled out and the nearest of the other two horseshoes scores one point.
3. Should both players score two ringers each, they cancel each other out and no points are scored.
4. If one player manages one ringer but the other player pitches two ringers, three points are scored.
5. If a single ringer has been scored that player wins three points plus an extra point if that player's other horseshoe is the closest of the remaining three.
6. Finally, if a player achieves two ringers and the other player manages none, six points are scored.

The first team to reach 21 points wins the game or whoever has the most points at the end of the 15 minute time limit will win the game.

Note - shoes that lean against the stake are not counted nearer than any other shoe that touches the stake.